

Woman's Page

How to Fight the High Cost of Living

Real Economy Is Elimination of Things, Not Needed—The Paying of Fancy Prices Early in the Season, Buying High Priced Millinery an Extravagance—Get Your Money's Worth in All Things—Don't Insult Stomach—Things Said of Woman-kind—Recipes.

WHAT REAL ECONOMY IS.

What is economy? Is it denying one's self the luxuries and comforts that life affords and the cravings nature demands in order to hoard up money for future generations? By no means. Economy in its application here should mean the eliminating of everything in which the "game is not worth the candle." We pay fancy prices at an elaborately decorated store on a fashionable street in a large city because we like to be seen there by our wealthy neighbor whom we would emulate. Or we patronize a high priced milliner and pay thrice the sum for our chapeau that would purchase its duplicate in a shop at home.

While discussing millinery, which is one of the greatest items of expense and extravagance on our feminine list, it is worth while for any woman to spend the time in taking a few lessons in this artistic branch, which is easily learned at a trifling cost. If there are daughters the amount saved on this item alone would make many luxuries possible. And it is well for each daughter of a household to learn one of the useful arts, such as millinery, dressmaking, etc., as a side issue in her education, so as to apply it in the home.

Economy, or lack of it, depends on one's own point of view. If something satisfies and one feels that their money's worth is in it, purchase it is right to pay the price. The question is resolved into the getting of one's money's worth. In expending money, whether for food, rent, clothing, education, or anything else, if we feel that the returns shall be worth the cost, then it is economy and wisdom to make the investment.

RECIPES.

Bread.—This is a bread recipe that never fails. Put to soak in two cups of lukewarm water, add enough flour to make a sponge, let rise until light. Take one and one-half quarts of lukewarm water, add one tablespoon melted lard, one tablespoon sugar, salt to taste, then add the sponge and enough flour to make stiff knead well, and set in warm place to rise. When light knead again, and when light make into loaves. This will make six loaves of bread or five loaves and a pan of biscuits.

"B. R. A."

Strawberry Preserve.—Now that the berry season is on again, the following:

BEAUTIFUL IN 5 MINUTES

FREE SAMPLE

LADIES!

THINK OF IT

A Beautiful Complexion

IN 5 MINUTES

IF YOU ARE FORTUNATE ENOUGH

TO HAVE THIS ADVERTISING COPY

BE A BEAUTIFUL COMPLEXION

IN 5 MINUTES

WITHOUT COST TO YOU.

IT IS THE LATEST OF THE WORLD'S

BEAUTIFUL COMPLEXION

REVEALS ITSELF IN 5 MINUTES

AND IT IS THE LATEST OF THE

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WORLD'S BEAUTIFUL COMPLEXION

ing delicious strawberry preserve is something unusual and unique. Hull and wash berries. Measure pound for pound of fruit and sugar. Put sugar on to cook with one cup of water to each pound. When the liquid is cooked clear add berries and let all come to a boil, then remove from stove, place on large platters, sirup and all, and let stand in the sun. Then put in jars and seal.

Coffee Cake.—This recipe makes two cakes, baked in bread tins, and is as follows: Two cups of brown sugar, one cup of butter, one cup of molasses, one cup of strong cold coffee, four eggs, one teaspoon of soda, two teaspoons of cinnamon, two teaspoons of ground cloves, one teaspoon of grated nutmeg, one pound of raisins, one pound of currants, four cups of flour, and lemon flavoring.

BUTTERFLY SALAD

To make butterfly salad, slice oranges and grapefruit, remove the rind by cutting it off with scissors, also the core, and let them stand with sugar sprinkled over them. Take a can of pineapple and cut a slice in half, placing it on the plate it is to be served in, putting the round edges together. On top of this a slice of grapefruit cut in half, round edges together. Do the same with the orange. Then put a cherry in the center for the body and two thin pieces of angelica for the feelers. This looks just like a butterfly.

DO NOT INSULT YOUR STOMACH

Three rules should be adhered to in order to insure good digestion.

The first, never eat impure food.

The second, never eat badly cooked food.

The third, never put food into your stomach too rapidly.

The gulping down of food hurriedly distends the stomach and tubes, strains all of the nerves, and causes numerous stomach troubles.

There is no nation in the world that is so careless about the proper treatment of food as our American nation.

When Moses made the laws for his race his rules for food were made for the purity and hygiene of the community.

It really does not matter what meats are eaten, excepting, perhaps, red meats, which are conducive to uric acid if they are clearly and properly cooked.

The careless cooking in hotels and restaurants is responsible for much of the illness of the American people.

A lamb chop cleanly cooked is a perfect meat. I find chicken and the large fish sufficiently nourishing for my system.

Colds may be prevented to a great extent by keeping the stomach clean and not overloaded. A splendid and effective rule to remember is to stop eating long before your appetite is appeased. Most of us can live on less than half of what we eat.

Take one egg and one piece of toast for breakfast instead of two eggs and half a dozen pieces of toast. Take one slice of chicken or meat for dinner, one vegetable, salad, and just a taste of dessert, if you want to keep feeling well.

It is much better to eat just a little pure, wholesome food and eat often than to eat only one meal a day and gorge oneself. Never give the stomach muscles and blood too much to do at a time; they become overworked and tired just as any other muscles do.

When afternoon tea is indulged in be sure the tea is fresh. If you want to keep thin take just one slice of lemon and no sugar in it and only a small piece of toast.

To any one who is inclined to be fleshy pastry and sugar are fatal. One tea party will put on a pound of flesh.

Remember: One of the hardest temptations to resist in this world is intemperance in eating, especially in this hard as a woman grows older and the appeal of the table becomes more and more strong.

GAME WARDENS ARE NAMED BY CHAMBERS

All but three of the county game wardens of the state have been appointed by Fred W. Chambers, state fish and game commissioner, and appointments for the remaining three counties will be made in Commissioner Chambers' report to the governor today. The matter of selecting wardens is of no small importance and has occupied much time.

The following are the latest appointments announced by Mr. Chambers: S. T. Ewing of Smithfield, Cache county; C. H. Toone of Clinton, Davis county; Clyde Wrathall of Grantsville, Tooele county; J. L. Burdosh of Morgan, Morgan county; A. V. Hague of Nephi, Juniper county; George W. Cropper of Doreet, Millard county; A. K. Hansen of Richfield, Sevier county; Anthony Madsen of Scofield, Carbon county; J. W. Seeley, Jr., of Castle Dale, Emery county; George Wagener of Midway, Wasatch county; William Whitney of Springville, assistant hatchery superintendent of state hatchery No. 2, located at Springville; John Barrett of Murray, assistant hatchery superintendent of state hatchery No. 1, located at Murray.

The county wardens, whose appointments had previously been forwarded to the governor, are: E. E. Sprague of Junction, Platte county; Chrys Davis of Beaver City, Beaver county; J. C. Muir of Randolph, Rich county; James Knudson of Brigham City, Box Elder county; William Archibald of Park City, Summit county; H. H. Lunt of Cedar City, Iron county.

ty: S. P. Dillman, of Vernal, Utah county; F. E. Brown of Loa, Wayne county; and James C. Christensen of Mt. Pleasant, Sanpete county.

Commissioner Chambers returned yesterday from Utah county, where he inspected the state fish hatchery and the state bass hatchery at Powell Slough. He reports conditions of the best and is optimistic as to the bass hatchery. In discussing this part of the fish and game prospects of this state, he said:

"There are now about 2700 spawners in the bass hatchery near Utah lake. These have been obtained only by hard work. The deputy wardens have followed the fishers and captured every large bass caught, which were placed in tanks. These fish were then placed in the hatchery and now we have close to 2700 of the fish. These should produce about 10,000,000 bass fry this year which will be placed in Utah lake."

NO LIQUOR CAN BE SENT TO DRY IDAHO

With the railroad placing a rigid interpretation of the Webb law and refusing to accept liquor shipments for points in dry territory, many Idaho counties have been shut off from the rest of the world, and Utah liquor dealers have been driven to the point of bankruptcy. Liquor dealers have been excluded from the dry territory before the sweeping effect of the new federal law was applied. While liquor could not be sold in the dry counties of Idaho before, there was nothing to prevent a resident of a dry county coming to Salt Lake and shipping a case of beer to himself or his family for his own consumption.

It is different now, and has been since May 6, when the Oregon Short Line refused to accept any and all liquor shipments for points in dry territory in Idaho. If a man happens to live in a dry county and desires a case of beer for his family, he can drive to the nearest coast and haul it back himself. But he cannot make his purchase and have it sent to him by the common carrier.

Inasmuch as the bill makes the railroad companies liable they have refused to accept liquor shipments for any point in dry territory on advice from their legal departments. As a result all liquor shipments have been excluded from the dry counties of Idaho and the liquor interests are awaiting a test of the law.

To complete the control over dry counties, the Idaho legislature has passed a law which prevents liquor shipments within the state from wet to dry territory, excluding Idaho dealers and brewers from the dry counties to the same extent that outside dealers are excluded by the federal law.

Because of the national application of the Webb law Utah dealers declare that there is nothing for them to do but abide by the decision of the railroad until after the law has been tested. They do not intend to take the initiative in the testing of the law, and for the present will confine their sales to persons living in wet territory.

STATE NEWS

WILL CARE FOR AGED

Brigham City, May 15.—The old folks' committee for the Box Elder stake met in a special meeting Wednesday evening and talked over the plans for entertaining the old folks of Salt Lake City when they come to Brigham City on Thursday, June 26, to spend their annual outing. The committee effected an organization for furthering the plans for the affair and named the following committees to carry on the work:

Executive committee—Ole N. Stohl, L. A. Snow, William C. Horsley, Mayor R. L. Fishburn, O. Petersen, S. Norman Lee, Peter A. Nebeker, Thaddeus Wright.

Finance—T. H. Blackburn, Alfred Fishburn, Henry M. Figgins, Frank Bowring, George Watkins.

Refreshments—Mrs. Oleen N. Stohl and stake board of Relief society.

Tables and benches—N. Chr. Jensen, William Lee, Isaac A. Siimonsen, Lorenzo Jeppson, A. W. P. Hansen, Lorenzo Pett, James Knudson, J. N. Anderson, Isaac H. Jensen.

Program—W. T. Davis, Victor E. Madsen, Minnie Jensen, A. M. Merrill, Phoebe Madsen.

Conveyance—Box Elder Commercial club.

Decorations—Charles Reeves, Eliza Madsen, Mose J. Holt, Lola Nichols, George C. Laney, Ada John, Stewart Horsley.

NEW MILLING CO.

Pocatello, Ida., May 15.—McCammon is to have a new flour milling company. Articles of incorporation were filed in the office of County Clerk Gallett this morning for the Idaho Ross Manufacturing company, with McCammon as president and place of business. The capital stock is placed at \$75,000.

The incorporators named are A. M. Thacker, Sam Whitehead, T. M. Edwards, R. C. Geddes and J. D. Brown. The directors include, also, B. T. Rowe of McCammon and W. H. Hillman of the same place. The new company will take over the holdings

FRECKLES

Now is the Time to Get Rid of These Ugly Spots.

There's no longer the slightest need of feeling ashamed of your freckles, as the prescription ointment—double strength—is guaranteed to remove these homely spots.

Simply set an ounce of ointment—double strength—from A. R. McIntyre, drugs, and apply a little of it night and morning and you should soon see that even the worst freckles have begun to disappear, while the lighter ones have vanished entirely. It is seldom that more than an ounce is needed to completely clear the skin and gain a beautiful clear complexion, strength ointment as this is sold under

Be sure to ask for the double guarantee of money back if it fails to remove freckles. (Adv.)

Use Cottolene For Cooking!



It Cuts Down the Butter Bills

When you shorten or fry food with butter it is needless extravagance. Butter is too expensive for use anywhere but on your table. If butter were really better, would produce better results in cooking, you would be justified in using it, but it won't. Cottolene is fully the equal of butter for shortening; it is better for frying. It makes food rich, but not greasy, because it heats to a higher temperature than lard or butter and cooks so quickly that the fat has no chance to "soak in." Cottolene is more healthful than lard, and you need to use only two-thirds as much as you would of either butter or lard.

When you stop to consider that the price of Cottolene is no more than the price of lard, you can readily figure out what a saving its use in your kitchen means.

Don't be extravagant; don't use butter for cooking; it's too expensive and no better. Don't use lard; it's too uncertain, and greasy.

Do use Cottolene, and you will have better, more healthful food, and more money in your pocketbook.

Try this recipe:

CRIDDLE CAKES
1 cup sifted flour 1/2 teaspoon salt
1 egg 1 tablespoon melted Cottolene
1/2 teaspoon soda 1 teaspoon baking powder
Sift together, the flour, salt, soda, baking powder, add beaten egg and Cottolene. Beat well, cook on griddle greased slightly with Cottolene.

Made only by
THE
N. K. FAIRBANK COMPANY



of the McCammon Investment company in the flour mill at McCammon. This is one of the oldest flour mills in the state, established by the late H. O. Harkness. The purchase price of the mill was about \$45,000. New and improved machinery will be installed and the company will also engage in buying and selling grain, hay and other farm products.

OPPOSES RETIRING YOUNG OFFICERS

Washington, May 15.—Young officers in the navy today were discussing with mixed emotions the announcement by Secretary Daniels that hereafter the department would frown upon the retirement of juniors from the service. In the past young officers retiring have done so with a rank higher than the grade they occupied. This is to be stopped. The statement that caused the flurry follows:

"While the secretary of the navy has not issued any general orders restricting the applications for voluntary retirement, under the personnel act of 1899, yet it is known that his attitude and the probable attitude of the administration in opposition to allowing the retirement of the younger officers who are in health and have a number of years of useful service on the active list before them."

Secretary Daniels, it is well known, looks with extreme disfavor on the retirement of young officers before they have made through service some returns for the education and training received at the hands of the government. Under the new "plucking" system, by which senior officers will be retired more rapidly than in the past, the junior officers will have less complaint on account of slowness of promotion.

SAID OF WOMANKIND.

Woman conceals only what she does not know.—Proverb.

Charmaine de Marivaux.

Woman must not belong to herself; she is bound to alien destinies.—Friedrich von Schiller.

Woman's grief is like a summer storm, short as 'tis violent.—Joanna Baillie.

Life is not long enough for a coquette to play all her tricks in.—Joseph Addison.

Woman's love, like lichens on a rock, will still grow where even charity can find no soil to nurture itself.—Bovee.

If a fox is cunning a woman in love is a thousand times more so.—Proverb.

These women are shrewd tempters with their tongues.—Shakespeare.

If the heart of a man is depressed with cares, The mist is dispelled when a woman appears.—John Gay.

TO DISMISS DARROW CASE

Los Angeles, May 15.—Attorney Clarence Darrow will not go on trial for the third time on June 16 on the charge of bribery growing out of the selection of the McNamara jury, as was tentatively arranged at the conclusion of his second trial on March 8.

Assistant District Attorney James Ford and Attorney Henry Gleaser, representing the noted Chicago labor lawyer and advocate, agreed today before Superior Court Judge Wood to have the case go off the calendar.



TRY IT! SAGE TEA DARKENS GRAY HAIR BEAUTIFULLY

Druggist Says, When Mixed With Sulphur Prevents Dandruff and Falling Hair

Common garden sage brewed into a heavy tea, with sulphur and alcohol added, then left to age and carefully filtered will turn gray, streaked and faded hair beautifully dark and luxuriant, remove every bit of dandruff, stop scalp itching, and falling hair. Just a few applications will prove a revelation if your hair is fading, gray or dry, scraggly and thin. Mixing the Sage Tea and Sulphur recipe at home, though, is troublesome. An easier way is to get the ready-to-use tonic, containing about 50 cents a large bottle at drug stores, known as "Wyeth's Sage

and Sulphur Hair Remedy," thus avoiding a lot of fuss. Some druggists make their own, but it isn't nearly so nice as "Wyeth's." While wispy, gray, faded hair is not sinful, we all desire to retain our youthful appearance and attractiveness. By darkening your hair with Wyeth's Sage and Sulphur no one can tell, because it does it so naturally, so evenly. You just dampen a sponge or soft brush and draw it through your hair, taking one small strand at a time. Do this tonight, and by morning all gray hairs have disappeared. After another application or two it will be restored to its natural color and be even more glossy, soft and luxuriant than ever. Local druggists say they are selling lots of "Wyeth's Sage and Sulphur," it surely helps folks appear years younger. A. R. McIntyre, Agent, 2421 Washington Ave.

GOLD DUST makes clean, healthy homes

Gold Dust acts like magic on dirt and germs. It cleans floors, doors and woodwork in a twinkling. Just add a little Gold Dust to a pail of water and you won't have to bend and rub, stoop and scrub to get the desired result. The GOLD DUST TWINS will do all the hard part of the task for you, and the results will be almost miraculous.

Buy a package of Gold Dust today and try it for any one of the hundred uses for which it is recommended.

Do not use soap, naphtha, borax, soda, ammonia or kerosene with Gold Dust. Gold Dust has all desirable cleansing qualities in a perfectly harmless and lasting form.

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We have the largest van in the city. Quick service. Moving, shipping and handling planes. Prompt freight deliveries. Furniture moving a specialty. Storage at reasonable rates.